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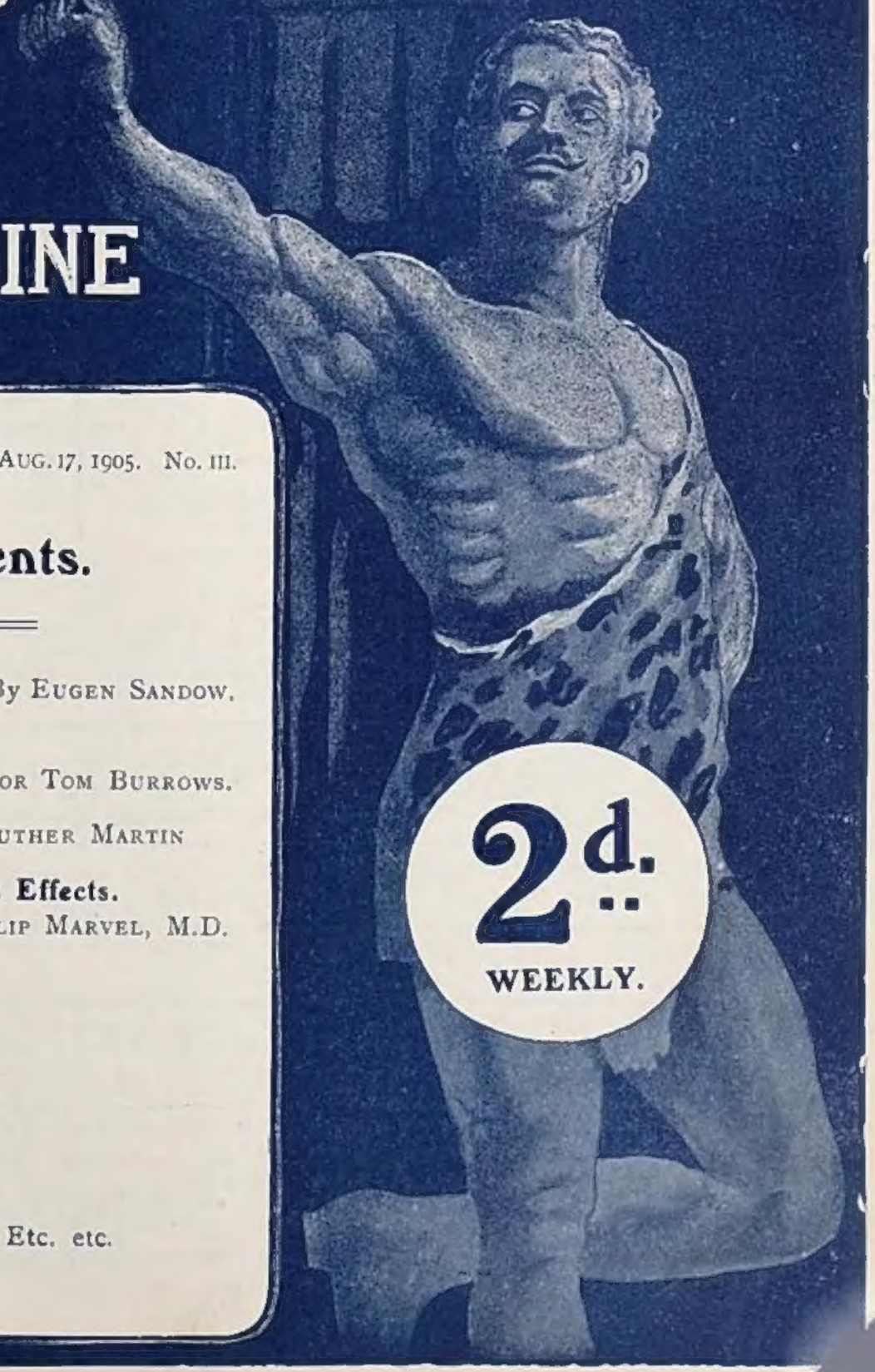

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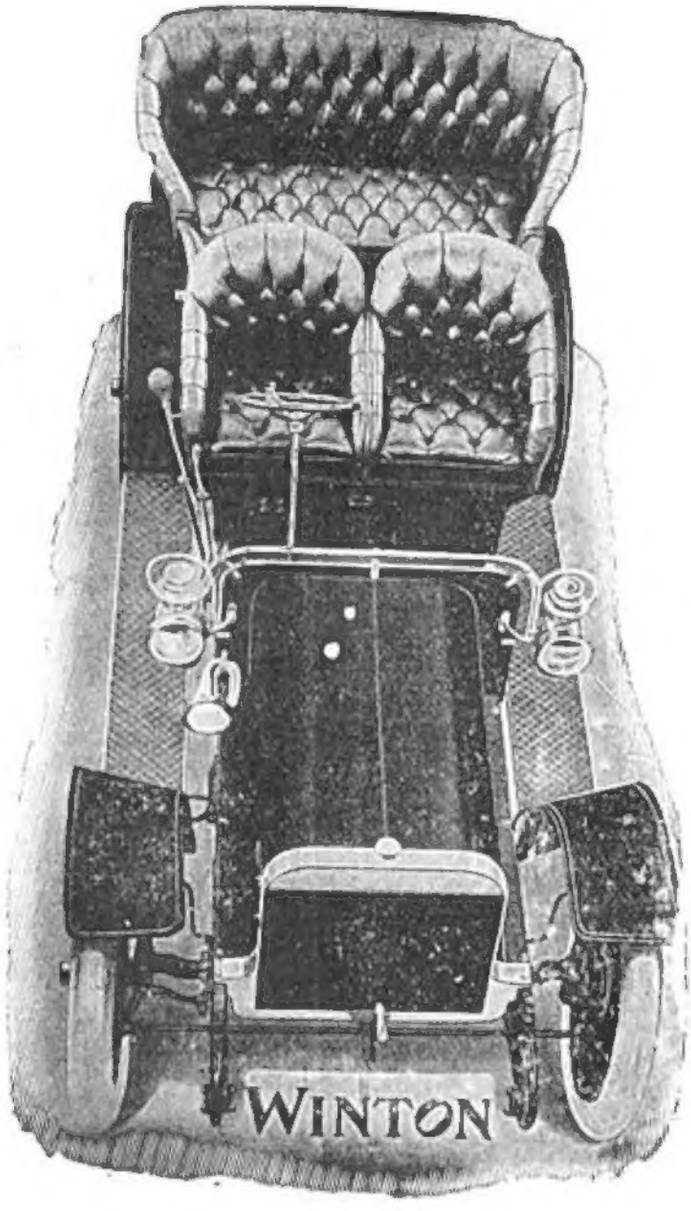

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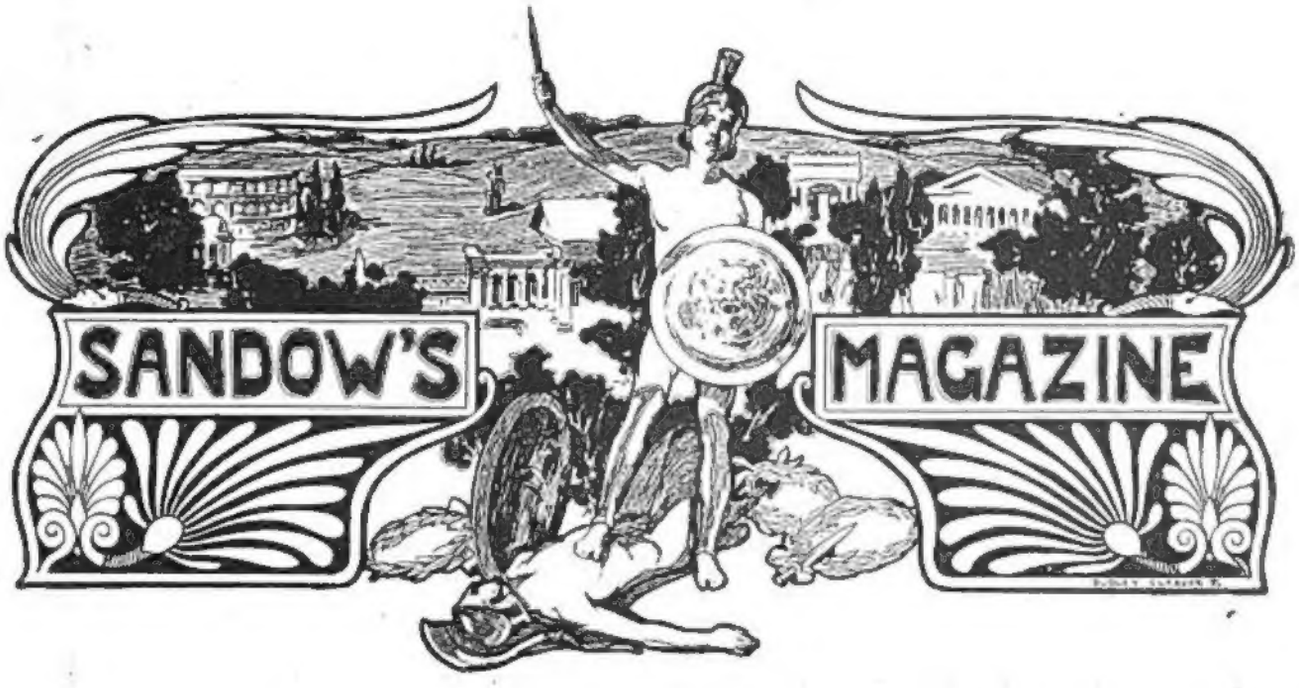

Vol. XV. (New Series). AUGUST 17TH, 1905. No. 111.

Military Drill and Physical Culture.

EARL ROBERTS' APPEAL.

By EUGEN SANDOW.

THE question of the defence of the Empire and a more complete system of military training for the youth of this country, is at the present time occupying a prominent position amongst the topics of the day, and the stirring appeals which have been made of late by Earl Roberts and others interested in the physical education of the young must go a long way towards encouraging this desirable movement. This is no new cry this appeal for more encouragement to assist in the Imperial defence. Year after year almost the same story has been told, but probably not with such great force as on the last occasion, and it is most satisfactory to notice that this last great effort by Lord Roberts is not to be allowed to pass into oblivion. No longer are we to bolster up ourselves with calm serenity in a belief of our immunity from attack and a security which is false. As the result of Lord Roberts' great address to the members of the London Chamber of Commerce, a stir is already being made. The famous soldier pointed out that what the nation required was peace and security, not only from actual war, but from alarms and panics. This could not be secured by a policy of diplomacy alone. The armed forces of the Crown should be in such a state of readiness and efficiency that it would not be in the interests of

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any Power to risk war with us. He trusted that his fellow-countrymen would not delay in making up their minds as to the sufficiency and organised efficiency of the armed forces to undertake a prolonged war in support of our national interests against a civilised Power. During the South African war this country was left absolutely denuded of all regular troops with any pretence to organisation. Owing to the inferiority of the enemy in numbers, discipline, and organisation, we gained the day, but we could not have hoped to be successful against an enemy of anything like equal strength, trained and organised as were the armies of the great military Powers. Our position had not improved since then; indeed, it was worse, and he emphasised the danger that would menace us in the event of a war with Russia in the direction of Afghanistan. As regarded the officers in the army we were in a far worse condition than we were as regarded men, and the state of affairs in this respect was a most dangerous one. He considered that there was now no option but to introduce universal training and service for home defence. A necessary part of any such scheme was the training of all boys and youths up to the time of their reaching the military age in drill and rifle shooting. His sole object in advocating these defensive preparations was to save the country from war, by showing to all the world that we were able and determined to defend the integrity of the Empire.

These sentiments, which should re-echo from the heart of every lover of his country, have been endorsed by General Buller and many another leading man in military organisation, and now we learn that immediately after the meeting, on August 1, certain officials of the chamber decided that Lord Roberts' proposals deserved the consideration of their Naval and Military Defence Committee. The chairman of the committee, which is composed of about fifteen members, is Lord Brassey, who was at one time Secretary to the Admiralty, and the vice-chairman is Sir J. Fortescue Flannery, M.P., and a meeting of this committee has been called. Meanwhile, Lord Roberts' famous address has been printed in pamphlet form by the Chamber of Commerce, who are circulating it widely. There are over a hundred chambers of commerce in the country, and it is quite possible that, after the holiday recess, these bodies will be asked to co-operate in drawing attention, by public meetings, to the grave danger of which Lord Roberts has warned the country. The text of Lord Roberts' speech will be found on another page, so that there is no need for me to refer to it more fully here. I only do so now in order to repeat what I said on this self-same subject over three years ago. In 1902 the question of military drill for school children was prominently before the public by reason of Lord Kitchener's appeal to the new head of the Education Department—that he will find, if possible, room to add to the curriculum of instruction in public schools some elementary military training for all our boys. Then I expressed the opinion (an opinion which I still hold) that if, without exciting serious opposition, military drill can be introduced amongst the boys, it would be good. But it must never be forgotten that military drill and physical culture are two absolutely different things, and must be kept separate. The time devoted to physical culture must never be infringed upon by military drill. Physical culture has for its entire aim the proper and healthy development of the human body; military drill has for its object the teaching of precision and rhythm in movement, with the biasing of the boy in favour of a more complete military training when he leaves school, and thereby adding to the stock of the nation's possible soldiers in time of war—a very high object which ought to be well considered.

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Hints on Club Swinging.

By TOM BURROWS

(Champion of the World).

Edited by F. NEVILLE PIGGOTT.

Cinematograph photographs specially for this series by R. W. Paul, 68 High Holborn, W.C.

* * *

I.—INTRODUCTION.

IN introducing to our readers Professor Tom Burrows, in his capacity as champion club swinger of the world, there is but little to be said that the world does not already know concerning his many wonderful performances. He has just previously been prominently before our readers in another guise, viz., as an exponent of the art of wrestling, in which, by the way, he is as proficient as in the art of club swinging. It is, however, in the latter exercise that the name of Burrows has become famous throughout the world, and we must congratulate our readers in being fortunate enough to be able to obtain hints on this excellent method of development from such a great authority.

Before allowing the professor to give us the benefit of his experience, a brief record of his club swinging performances may not be out of place. All who take an active interest in the exercise will thoroughly appreciate the difference between *genuine* club swinging and what is known as "knob-swinging." It should be mentioned here that Burrows is a stern advocate of the former, and in all his wonderful exhibitions has strictly adhered to his policy.

The author of the following pages then —Tom Burrows, the champion club-swinger of the world, and all-round athlete—was born at Ballarat, Victoria, January 26th, 1868, weighs 10 st., has a chest measurement 40 inches, and stands 5 feet 7 inches. He first came into prominence as a pedestrian in 1887, when, with nine yards start, he won a 135 yards Sheffield handicap, at Templestone, Victoria; with a yard less he subsequently ran second in a another handicap. At Mordiallic, Victoria, he won two level races, 300 yards and 100 yards. In one day at the East End Cricket Club Sports, in 1888, he proved successful in the half-mile and 100 yards races, and the high jump; and won the gold medal for the best batting average, 1887-8, in the East End C.C., of which he was captain.

In 1886, at the Melbourne Athletic Club, Burrows won against ten competitors the club-swinging championship of Australia and New Zealand, with a £20 purse and a splendid gold medal. The conditions were the greatest number of combinations, style and time, in ten minutes each. Burrows left Australia on December 17th, 1891, for England, and two years later, after engaging in boxing and wrestling, came out prominently as a club-swinger at Aldershot on October 17th, 1893, when he swung a pair of clubs, scaling 3 lb. each, for six hours without a stop, performing 100 distinct combinations, in all 18,000 revolutions. At the same place he swung a pair of sharp axes, weighing 7 lb. each, for two hours and five minutes, making 120 distinct combinations, each combination swung one minute without a stop, swinging an average of sixty complete circles each minute. Then at the Royal Military Gymnasium, Aldershot, 28th September, 1894, Burrows swung a pair of 2 lb. 2 oz. clubs each, eight hours fifteen minutes, beating Byron Butler's eight

hours' record of America, swinging 2,450 distinct and separate combinations, each combination performed not more than six times. The judges were Colonel Fox, Inspector of Gymnasium, and a number of officers. The performance was witnessed by the Duke of Connaught and the Garrison, and Burrows was presented with a splendid trophy by the judges. At the Alexandra Hall a little later Burrows accomplished the wonderful feat of swinging a pair of clubs for twenty-four hours, without a rest or stop, for the *Sportsman* belt, and thus established a record for twenty-four consecutive hours, swinging at an average of 60 revolutions a minute, thus making over 86,000 circles in the twenty-four hours.

PLATE I.

The Outward Glide.

Burrows left England for Cairo on September 10th, 1895, and at the Theatre Royal, Cairo, December 19 and 20th, 1895, he beat all club-swinging records by swinging for twenty-six hours fifteen minutes. He gave the exhibition before Lord and Lady Cromer, the Sirdar, Sir Herbert Kitchener, and many other distinguished folk. The champion made the following condition for the undertaking: (1) The clubs to weigh 2 lb., and to be 24 in. long; (2) to swing at least 50 complete circles each minute; (3) no rest or stop allowed during twenty-five hours; (4) no artificial aid of any sort allowed; (5) to swing no fewer than 70,000 complete circles in the record; and (6) that there shall always be at least two judges present to watch the swinging. Burrows commenced swinging the clubs at 9.18 on Wednesday evening, and a mighty burst of cheering at 9.18 on Thursday night proclaimed that he had equalled his Aldershot feat. An hour later further enthusiastic cheering greeted Burrows, having established a world's record of 25 hours' continuous swinging. Still the indomitable fellow went on, until he finally stopped at 11.33 on Thursday night, having swung without one moment's cessation for twenty-six hours fifteen minutes.

Returning to these shores Burrows, at the Dublin Gymnastic Tournament, April, 1896, beat W. W. Dudley's record of swinging 100 different combinations, each combination four times in 24 minutes. Burrows accomplished this feat in 14 minutes 15 seconds. In commemoration of the great performance he was presented with a splendid gold medal. Returning to Egypt in December, 1896, at the Theatre Royal, Cairo, on January 16th, 1897, he swung a pair

of Indian clubs, weighing 2 lb. each, in 400 different combinations, making 3,000 revolutions, including back, front, wrist and side combinations, and his time was 18½ minutes, another record being thus broken. Subsequently Burrows exhibited his powers with a pair of sharp steel axes, 3 ft. long, and weighing 8 lb. each. One hundred distinct combinations were made, each combination being repeated four times, and thus 400 revolutions were made in the time of 7½ minutes, which is a world's record.

In the next year, at the National Sporting Club, London, Burrows established yet another world's record when, in May, 1897, he accomplished the wonderful performance of swinging for thirty hours without rest or stop.

Returning to Cairo in September, 1897, in January, 1898, he won the Open Club-Swinging Championship for style and combination in ten minutes. On his return to London he accepted an engagement to go to America to meet all comers in endurance club-swinging, but failing to make any matches, he returned to London. Burrows then joined the Imperial Yeomanry, and Left Liverpool in February, 1899, for South Africa. Returning from the front, on his way home, in May, 1901, he established, at the Alhambra Music Hall, Cape Town, a fresh record, of which I extract notes from the *Cape Times and Argus* of May 26th and 27th, 1901 :—

"Last night saw the completion of one of the greatest muscular feats ever recorded in the world. Cape Town does not quite understand nor appreciate what this really means, but still a large number of sports and persons interested in physical development came in and out all day to view the man who could endure the strain of 36 hours' club-swinging with full-sized, full-weighted clubs. It was not as though he was swinging simple combinations—it was, as one man remarked, a wonderful exhibition of clever, brilliant swinging. When he had been swinging for thirty hours, he gave a set of movements and swings that some of the best swingers in this country would be glad to imitate when they are quite fresh. Not the least marvellous part of this unique performance was the perfect grace with which Burrows swung throughout, and the clean, finished manner in which every swing, curve, and movement was executed. Then, too, was the marvellous way in which he nursed muscular system. He never allowed the

PLATE II.

THE PARALLEL ROLL.

strain to rest on one set of muscles, but varied his movements so as to exert them all equally.

"From time to time Burrows was supplied with refreshments, and although at times he got sleepy, the least cheering brought him round, and he usually showed his awakening by varying his swings, his slow swings and cross arm period completed was announced, and work being perfect. Every hour the each time it was received with a burst of cheering. This reached almost a culminating point, when at five minutes past five, Mr. M. Goodall, the timekeeper, announced that Burrows had eclipsed his previous record. Burrows smiled, bowed, and increased the rate of the evolutions up to 145 to the minute. The audience cheered wildly as 'Tom' in the final three minutes executed some rapid, spirited, and beautiful movements, and Mr. Goodall signified that the task had been accomplished, amid a scene of intense enthusiasm," etc., etc.

"At noon to-day, Tom W. Burrows, known all over the world as the King of Clubs, was still persevering in his attempt to establish a world's record for continuous club-swinging. He commenced his task at 11 a.m. yesterday, and all through the night he has been under the supervision of a committee of local sportsmen. By terms of his undertaking he must swing without break, and make at least sixty evolutions a minute. He is repeatedly checked by the supervisors, and it is found averages over 130 per minute. He has gone as high as 250.

"He looks somewhat drawn to-day, and generally shows signs of the strain. He repeatedly moves his feet about to ease the strain on his legs. Attendants continually massage and sponge him. He has wonderful heart for the work, and stated to an *Argus* representative that he had every confidence of holding out until eleven o'clock to-night, when he will have completed the allotted thirty-six hours, and beaten his own world's record.

"The feat is the most wonderful in athletics, and his previous efforts have been the subject of much enthusiasm. Visitors are in attendance all day, and music is provided continuously, not as an entertainment, but to inspire him and make his effort easier. He is fed by his attendants whilst he performs marvellous evolutions round his head—a most remarkable exercise. If he manages

PLATE III.

Lower Front & Back Combination.

to hold out he will receive a grand reception to night. At five o'clock today he will have constituted a new record, and the following six hours is a voluntary task, which will add to a record which is not likelv to be attempted be anyone else for years. Burrows is a splendid study for a sculptor, and is one of the finest all-round athletes in the world. The public are admitted at all hours to see the exhibition, and many ladies are also showing interest in the proceedings, etc.

"The Alhambra Music Hall was crowded last night when Tom W. Burrows entered upon the last three hours of his marvellous exhibition of club-swinging, whereby he attempted to establish a world's record of 36 hours' consecutive swinging. He had already surpassed his own record of 30 hours at five o'clock in the afternoon, so the additional task of six hours was a voluntary addition to the record. As the time for completion neared the audience grew wildly excited. The enthusiasm only served to warm up the marvellous athlete, and the manipulation of the clubs the last five minutes was a treat as an exhibition, let alone the termination of a contest of endurance. When Mr. Maurice Goodall announced the expiration of 36 hours, Burrows received an ovation he will never forget. Several laudatory speeches were made, Burrows meanwhile sitting in an easy chair. The strain during the progress of the feat must have been intense. Burrows' features looked drawn, but has a wonderful heart for work, and was cheerful throughout. He was medically examined at the conclusion, and the doctor reported him 'in wonderful condition and by no means played out.' It is understood that Mr. Burrows will be the recipient of a sportsman's testimonial to commemorate what is undoubtedly the most wonderful record ever created in athletics. From time to time the average movements per minute were taken. The record shows an average of over 121 evolutions, or a grand total during the exhibition of 190,000 swings. If any aspiring athlete wishes to realise the immensity of Burrows' feat let him swing the clubs 1,000 movements and then consider that he must do it 240 times more without stopping to equal the record just made," etc.—*Argus*, May 29th, 1901.

Returning to England the redoubtable Tom added yet another to his long list

PLATE IV.

THE CROSS CLUB ROLL.

of successes at the Waverley Market Carnival, when thousands of people saw him complete his remarkable feat of swinging 72 hours in six days. His feat at that time was one of the greatest on record in the art of club-swinging. After a tour of the principal towns in Great Britain, Burrows left for Cape Town, August, 1902, where, under the management of the National Sporting Club of South Africa, he established another record of one hour scientific and fancy club-swinging, making 500 complete combinations, or 1,000 complete circles. Two years after Burrows had established his 36-hours' record, and during his stay in South Africa, he put six more hours on to that time, and then, journeying to England again, he broke his journey at Montreal, Canada, where he established a new world's record of 43 hrs. 6 mins. After his arrival in England, on February 16th and succeeding days he swung the clubs for 45 hrs. 8 mins. at the Canterbury Music Hall, though this cannot count as a record, owing to his having used on that occasion clubs weighing but 1½ lbs.

His next effort was a month later, when he succeeded in reaching forty-seven hours in a match for £200 with Charles Spinch, which took place at the St. George's Hall, Westminster Bridge Road, on March 23rd, 24th, and 25th, 1905. Even this did not satisfy him, and, during Whit.-week, at the Kursaal, Southend-on-Sea, he swung 4 lb. clubs continuously eight hours a day for seven days. On Thursday, June 22nd, at 9 p.m., the champion commenced to beat all existing records, and at the same time threw out a challenge to meet all comers. His recent rival, Charles Spinch, came forward, and gave a good exhibition for twenty-seven hours, but was then compelled to retire. At each stage of his performance Burrows gave a fine exhibition of fancy swinging, and the finish was witnessed by a crowded house. This took place at 9.15 p.m. on Saturday, June 24th, when Burrows had established a new world's record of 48 hrs. 10 mins., without rest or stop, and swinging 4 lb. clubs—a truly wonderful performance. Burrows was watched from start to finish by the public and a large committee of local sportsmen. Towards the finish of his long task, he introduced some remarkable glides, neck rolls, cross by swings, lower back, and all the most difficult movements and combinations in club swinging, to the evident delight of the spectators. In recognition of his splendid display, and the fact that he had established a world's record, Tom was presented with a testimonial by a large number of admirers.

This brings us up to his most recent performance, and the only question is, how long will the existing figures be allowed to remain?

With regard to Burrows' many accomplishments it may be mentioned that Capt. W. Edgeworth Johnstone, heavy-weight amateur champion of England, 1895-96, says in his book on boxing: "I may add that my own knowledge of boxing, and any successes I may have had, are entirely due to the careful instruction of Professor T. Burrows. . . No account of boxing in the army could be complete without mention of that marvellous all-round athlete, Mr. Tom Burrows, of Australia. From 1893 to 1898, this well-known and highly respected professional was unofficially attached to the Aldershot Headquarters Gymnasium, and the successes of a large number of our military champions are due to his careful training and instruction. His assistance and experience have been of the utmost value to those responsible for the management of Championship Meetings. He is the Light-Weight Wrestling Champion of Australia, holds the World's Record for Club-Swinging, and is in the front rank amongst expert swimmers, runners and jumpers. In addition, he is a man of high educational attainments, and a teetotaller."

Professor Burrows has trained in Australia, England and America some of the greatest athletes of the day, amongst them being Frank P. Slavin, Jack Slavin, A. Cristol (champion wrestler), Jack Perryman (champion wrestler of Australia), Tom Williams (champion boxer of Australia), Lurean Ross (champion athlete of America), Con Reaordon, etc. Also trained and instructed H. J. Ricketson (amateur champion

boxer and wrestler of Victoria, 1888-9), G. Buckley, Capt. W. E. Johnstone (amateur champion of England and the Army, 1895-6), Corpl. Demster Cooper, Capt. Graham, Surgeon-Major Deane, Lieut. Mears, Lieut. Ley, Corpl. Smith, (winners of Officers and N.C.O. Army Boxing Championships).

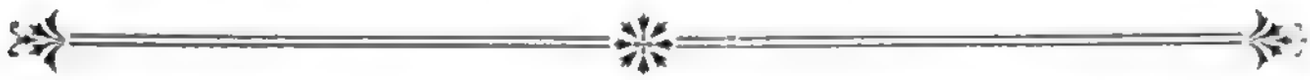
Burrows was instructor of boxing, wrestling, and club-swinging at the Melbourne City Gymnasium, South Yarra Club, Malvern Athletic Club, and private boxing and wrestling instructor at the Royal Military Gymnasium, etc., and has appeared in the leading music halls in England, Ireland and Scotland, Australia, Egypt and South Africa.

Burrows has performed before the Emperor of Germany, for which he received a splendid gold medal, the Duke and Duchess of York, the Duke of Genoa, etc.

The foregoing remarks will prove exclusively the right Professor Burrows has to dissertate on the subject of club-swinging, and I can well leave him to give his views, feeling assured that they will prove of great value to all who take an interest in the art.

F. NEVILLE PIGGOTT.

It is Mr. Burrows' intention, providing sufficient promises are forthcoming from subscribers, to publish the series of articles in book form at the popular price of 6d., and he would be pleased to receive the names and addresses of would-be subscribers as early as possible. They may be sent to the offices of the Magazine, 131, Temple Chambers, E.C.



It is understood that Sir John Gorst, M.P., as the outcome of the campaign which is being carried on for the provision of free meals for needy school children, intends to make proposals to provide them also with free medical attendance.

Sir John's first speech on the subject will be delivered at Hanley on September 3, the day prior to the opening of the Trades Union Congress in that town.

The proposal will probably be one of the most important subjects for discussion at the Congress.

Especial interest attached to the Britannia prize distribution at Dartmouth, owing to the fact that it was the last function on board for cadets. After summer leave, the cadets will be housed in the new Naval College on shore, erected at a cost of half a million sterling. Admiral Sir L. Beaumont distributed the prizes, and the Director of Naval Studies was present. Admiral Beaumont recounted the long list of heroes in the Naval Service, all of whom received their early training in the old *Britannia*. Although the wooden walls were at last to be swept away, and a new system inaugurated, the traditions of the grand old ship would remain. Capt. Wemyss, commanding the Osborne and Dartmouth Colleges, declared that they all looked upon that occasion as not only an interesting but a pathetic one. Every naval officer was sorry to see the old ship go, though all recognised that the altered conditions of naval warfare in recent years rendered it imperative. The closing scene in the history of the training-ship was volley upon volley of cheers for the *Britannia* and the new college.

.. SELF CONTROL ..

HOW I OVERCAME THE HABIT OF SMOKING.

By LUTHER MARTIN.

THERE are thousands who would give almost all they possess, if not absolutely all, to be "cured" of the habit of smoking. Countless constitutions have been ruined and are being—and will continue to be—undermined by excessive indulgence in tobacco. The votaries of "My Lady Nicotine" are, as a rule, only too conversant with the evils which follow in the train of this abuse, but they are in the great majority of cases powerless to cope with a taste which they have themselves unthinkingly created and developed.

In moderation, tobacco may not be harmful to any alarming extent, but the mischief is that so few can draw a line and keep within it. Especially is this the case when a habit has been formed at a comparatively early age. I can sympathise with those who "would stop if they could," for I have been in the same unfortunate position. From this it may be inferred—and rightly so—that I am not now.

I can conceive of no one having a greater liking for the weed than I had two short years ago. Smoking was the greatest pleasure in life to me. I would much rather have forfeited a meal than a pipe. I became so addicted to the habit, indeed, that I was perfectly miserable when not smoking. In my leisure moments I hardly ever had the pipe out of my mouth. To deny myself of what was to me the greatest of luxuries during any part of my waking moments was almost beyond me. I am now thankful to say that, by the exercise of a little thought and self-denial I have "cured" myself, and in this article I propose to show how the feat has been accomplished. I trust my explanation may be the means of reclaiming many who consider themselves hopeless cases.

Do not put this on one side when you see the word self-denial, as I should have done at one time. Give me a patient hearing, and you will find that the term is not such a "bogey" after all.

Believe me, I was an extremely bad case, and really thought myself beyond redemption. I commenced smoking at the age of 15 and continued hard at it for 23 years. I was never a light smoker even in my youthful days, and when I gave up I was consuming more than a quarter of a pound a week. Had anybody told me then that I should one day be able to do without a pipe after a meal I should have ridiculed the bare idea.

After I had been indulging in the habit for about five years I certainly did leave off for a month, but at the expiration of that time I gave way and started again, worse than ever. I was young, ignorant and inexperienced then, and this accounted for my failure. Had I possessed my present knowledge, I should have achieved a victory and been a much better specimen of manhood, both physically and mentally, for it.

At the time of relinquishing the pipe I was a human wreck. My nervous system was on the point of collapse, and I was in constant dread of paralysis. In such a state it is not surprising that I had much more than the average share of those ills that flesh is heir to. I was a martyr to indigestion, was a chronic sufferer from catarrh in all its branches; I frequently had quinseys, and was hardly ever free from an ulcerated

tongue and throat. The doctor's admonition was always the same: "You are smoking too much; you must stop it or I cannot answer for the consequences." As a matter of fact, I knew what he would say before I went. I knew the cause of my ailments well enough, but visited him on the off-chance of being given some remedy which would involve no sacrifice on my own part.

What would I not have given to have been able to have conquered the habit. It altogether prevented me from doing myself justice. Whilst smoking the after-dinner pipe, a sort of lethargy would steal over me, and, try as I might, I found it impossible to shake it off. Often I had scarcely energy enough to crawl back to business, and when I did get to it I was concerned only about the arrival of the time for leaving. I had neither enthusiasm nor ambition as I once had. My experiences at night were harrowing in the extreme. I was afraid to retire to bed, and would delay it until midnight or later. Even then I would take my pipe and a book. At last I would tumble over to sleep, only to be awakened an hour or two later by a frightful fit of coughing. I experienced a tickling sensation in the lower part of the throat, just as if some foreign substance were irritating it, and I would make strenuous efforts to get behind it for the purpose of, as I thought, dislodging it, but all in vain. During the spasm, tears would stream down my cheeks, my eyes would nearly start out of their sockets, and the straining would make the blood mount to my head, leaving me completely prostrated. I spent no end of money in the many "cures" advertised, but to no purpose. I expected every night to burst a blood-vessel, and really it is surprising that this did not happen. Worse than all, perhaps, was the constant depression of spirits from which I suffered. I am naturally cheerful and optimistic, but was transformed into quite a morose and gloomy being, except at very rare intervals. But let this suffice for the evils caused by my intemperance. Many slaves of the cigarette and pipe will know most of them only too well, though the symptoms may vary in kind and intensity.

Let me cut a chapter of horrors short by saying that things in my case came to a crisis. I perceived, and none too soon, that something would have to be done if I did not wish to find an early grave. I had written scores of letters to papers beseeching the editors to ask their readers through their columns if they knew of any cure, and if they did would they, in the name of all that was merciful, make it known. My appeals were answered many times, but none in my case turned out satisfactory.

One of the remedies suggested was the abundant consumption of fruit directly after meals, apples in particular being recommended. This was as hygienic a proposition as could be made. There was no playing with edged tools, in the shape of drugs, and I lost no time in trying it. Directly after eating, out would come an apple, sometimes two. But however it may have been in other cases, it was quite ineffectual in mine. The eating of the fruit simply got over an awkward time, but it did nothing towards reducing the craving, which returned with all its old intensity after the fruit had disappeared. Practically, all this "remedy" did was to shorten the spell of smoking.

Another "cure" tendered was the chewing of Calamus Root when the desire made itself evident. This is a somewhat obscure herbal product with which few chemists are well acquainted. It is supposed to be conducive to the acquisition of "long-windedness" and, consequently, is mostly in demand by athletes. It has a bitter taste, something akin to that of Gentian Root. I found it very useful in my first attempt when I abstained for a whole month, but on the second trial I quickly gave it up in disgust.

The acid-drop suggestion was forthcoming as a matter of course. The idea is that if smoking be indulged in directly after the sucking of acid-drops, a sensation of nausea and a consequent dislike of tobacco is set up. One great objection to this is that the acid has a most injurious effect upon the enamel of

the teeth, which decay all too soon without assistance. However, I was prepared to sacrifice even teeth to conquer the obnoxious habit, and I tried it. The result was as usual. Instead of being made nauseous, the tobacco tasted all the sweeter for the postponement. I soon abandoned this experiment.

I met with no better success in the taking of Cinchona extract and the chewing of Gentian Root. I was recommended to dip my tongue in a solution of Sulphate of Quinine when I wished to overcome the taste, but at the time I had become quite discouraged, and never once acted on this suggestion. By far the greater number of my friends, the editors, had insisted that a cure depended entirely upon myself, and that it was essentially a matter of will power. Within my heart of hearts I knew this, but I did not want to believe it. You see, it was putting the responsibility on my own shoulders, and I knew perfectly well that I was not equal to it. This was the kind of reply that I hated to see. I wanted some external agent to accomplish the work for me.

A friend of mine, who was as heavy a smoker as myself, gave up smoking very suddenly, but his was a peculiar case. He was, in the first place, of a very different disposition to myself. He was what I call an extremist, and remarkably thorough in all he undertook. He was "converted," and he told me that, following that event, he had never experienced the slightest desire for tobacco in any shape or form. I was not prepared to adopt this method, and gave up all idea of proceeding in this direction. I can vouch for the truth of this remarkable case, which was a never-failing source of wonder to me.

At last, when I had tried almost every device on the board without success, it was driven very forcibly home to me that my only salvation lay in securing a greater power of self-control. A statement recently made by Sir W. J. Collins to the effect that inebriety was a disease of the will attracted my attention. If inebriety is, thought I, intemperance in any form must also be.

This was, I remember, my starting-point. I took up my pipe one night determined to do nothing else but think and think hard. I always used to read after getting home from business, but, for once in a way, I forsook literature and laid myself out to follow up this train of thought. Was it possible to cure this disease of the will and, if so, how? The answer to the first part of the question was quickly forthcoming. Experience in other directions proved conclusively that it was possible to overcome will-weakness. The answer to the second part was not by any means so easy. How? Ay, there was the rub. I eventually arrived at the conclusion that the root of the matter was "training." The agents in converting will-weakness, vacillation, irresolution, or whatever you choose to call it, to strength, are authority and the discipline of consequences acting in combination and over a long period. Indissolubly connected with this conversion is the control of thought, which is a very gradual acquirement. The will acts upon the thought by controlling attention, determining what thoughts shall spring into existence and the direction they shall take. Command of thought helps to command taste and feeling just as, reciprocally, feeling and taste influence thought. The undisciplined will acts on immediate impulse. Its subjugation depends upon resolution, determination, perseverance and wilfulness—qualities that may all be developed by judicious training. Much of the foregoing may be very dry reading to the casual reader, but I am endeavouring to make clear every step towards the completion of my reformation, and the reasoning at this stage was an important factor. It is mere theory I know, but my practice afterwards was based on it, as you will see.

I finally established two or three fundamental points in connection with my own case. They were: (1) A sudden break was out of the question. (2) The change must be systematic, extending, if necessary, over a long period. (3) I must concoct a plan of campaign suited

to my own particular needs. This led me to study my habits, and I committed them to paper in order of strength. My plan was to start with those habits which would involve the least degree of self-denial to discontinue and work my way onwards to tasks of greater magnitude.

I commenced the next day. To make my scheme plain I shall have to descend to bald and unpoetical detail. I had been used to having bacon for breakfast. I discontinued that for a start. I felt the loss of it for a short time, and occasionally a gaping void during the course of the morning, but I soon got over that. What tried me more than this was the imposition of a ten minutes' interval after eating. It appears ludicrous to me now, but it was stern reality then. To enable me to get over this, I spent the time in cleaning my teeth and gargling, both useful occupations. The mere doing of something else almost compelled me to forget the pipe. On nights, I had been accustomed to lying on the couch, smoking and reading. I realised that this practice was harmful, and determined to substitute a course of exercise. I accordingly bought a developer and commenced at once. I was extremely tired, and felt quite incapable of any prolonged physical exertion, but I compelled myself to do it. I only had half an hour, but I had set off with the intention of first creeping and then walking, and of never, on any account receding. It was little, I know, but it was a start, and it was better than nothing at all. These innovations were all entered upon on one day, and I religiously persevered with them.

I felt immediate benefit from the execution of these plans, and was inclined to impose some very hard conditions upon myself, but I harked back to first principles and refrained, keeping on this track for some time. Ultimately I denied myself meat at the midday meal, not because I thought it harmful, but for practice in self-denial. I felt faint, or imagined I did, which amounted to the same thing, on many occasions through this omission, but soon failed to miss it. At the same time, I put an extra five minutes on the interval for smoking after meals, making a quarter of an hour in all, and with a struggle reduced my smoking during the evening. I felt really miserable without my pipe, and my nights were the reverse of enjoyable. I found compensation, however, in an improved state of health. My next step was to omit the "supper beer." This was a bold stroke for—it may have been imagination or it may not—my nights were made worse by its discontinuance, and I suffered a great deal from my old complaint, sleeplessness; but, notwithstanding, I stuck to my guns. I would not go back. I noticed that the craving for the "weed" was not so strong after eating as it had been formerly, and this gave me encouragement.

But I had still a great deal to accomplish to acquire perfect self-control. I made a big advance when I omitted a meal altogether. I dare not attempt this with either breakfast or dinner, fearing a collapse at business, so I selected tea for the experiment. I suffered awful pangs, was perfectly miserable, and sorely tempted to break my fast, but I think the uncomfortable sensation was created by thinking and not through want of food. Well, to cut a long story short, I got to such a pitch that it caused me little discomfort to fast.

Shortly after this I was foolish enough to stand about in the open air gossiping, in a heated condition, directly after exercising, and I paid the penalty. I contracted a severe chill, which developed into a bad case of influenza. I was confined to my bed and, on the doctor's advice, was limited to liquid food for well nigh a week. This illness proved to be a blessing in disguise. In a state of convalescence I had no inclination for the "weed," as is generally the case with your smoker when he is off colour. It was more than ever patent to me that the less one gets of anything the less he wants, and the less inclination there is for props and stays in the shape of drugs. "Now," thought I when I had just about recovered, "here's a chance to make a start. I may never have such another, and it seems to me that it's

now or never. I'll make the attempt. I can but fail." And I resolved from that moment that I would strive my very utmost to leave tobacco alone.

The craving for my old friend and companion when I had recovered my normal condition, especially after meals, was awfully intense, and I had to consider ways and means of combating this. The system evidently wanted nicotine, and I decided that it should have it, but in minute quantities. To my readers it may appear a case of jumping out of the frying-pan into the fire when I state that I bought an ounce of the sweetest tobacco and allotted myself the smallest of portions after a meal. As one ounce lasted me over two months, it will be acknowledged that I was not grossly extravagant.

The week after laying aside my pipe for good, I commenced my annual holidays. I went as usual to a seaside resort. It was a very quiet place with few attractions, and eminently adapted for frequent spells of *dolce far niente*. Such opportunities for idleness increased my difficulties tenfold, but with the help of the little sweet which I made spin out as long as possible, and a determination not to be beaten after getting so far, I held my ground. I grant that my holidays were miserable, but at the end of them I felt immeasurably proud of myself and mentally patted myself on the back for my hard-won victory. Despite a heavy handicap, I had stuck to the programme I had laid down, and felt stronger, not only physically but morally.

I should mention that to assist me in my struggle I had drawn up a code of observations. These, consisting of hints, admonitions and advice, I carried about with me and read carefully over every time there was the slightest possibility of me giving way. Strange as it may appear, the continual perusal of these observations did much towards the accomplishment of my aim. I read and re-read the manuscript hundreds of times, and if there are any of my readers who are contemplating a discontinuance of the habit, I recommend them to make this idea one plank in their platform. If it does nothing else, it will divert their thoughts, and, giving them an impulse in the right direction, will materially aid them in what is likely to be an arduous struggle.

I continued to take just the smallest portion of sweet tobacco, and supplemented this by some sweetmeat or other, generally gums or butterscotch. By and by I dropped the chewing of the tobacco after the morning meal, substituting Gentian or Calamus root. Later on I abandoned it after the midday repast, and finally after all three. I recognised that the tasting of something after eating was nothing more nor less than habit, and eventually I determined to do without anything at all, either tobacco, roots or sweets. When this had been done for some considerable time, I laid the flattering unction to my soul that the process of subjugation was completed, and that I had achieved a glorious triumph.

It was a long and arduous struggle extending over 18 months, and I do not deny that I had a miserable time of it, but I have been amply repaid. My health has improved out of all recognition, and my spirits have recovered their natural buoyancy. Indigestion, insomnia, lassitude, asthma—all are things of the past. The only trace of my old indiscretion is bronchitis, which I am troubled with at intervals in a modified form. Evidently the membranes of the bronchial tubes have been very much thickened and the passage of the air thereby rendered difficult. I am sanguine that even this will disappear in the course of time. It would be unreasonable to expect that the effects of an abuse of 23 years' duration can be removed in a single year.

That the power of the will can be developed I have myself proved to be just as true as that the powers of the mind and body can be. The degree of success in the operation depends upon the framing of the exercises which must vary according to the dispositions of the subjects. What would effect a cure in one case might not in another. If you are a confirmed smoker and wish to rid yourself of a habit, the abuse of which may do you incalculable harm, go on the lines I have indicated, and there is more than a possibility of reformation.

I do not advise exactly the same process, but suggest something similar. Study your own case closely. Determine your weaknesses, and having done so, endeavour to overcome them by easy stages. Do not set yourself impossible tasks, and go at it very steadily. I never imposed a task on myself that I thought I was not likely to accomplish. Failure discourages, and it is inadvisable to court drawbacks. All the same, a stout heart should never be beaten by one reverse, and should try again. Keep struggling on, and the time must come when you have mastered yourself. Every little victory tells. Stick to your guns and do not be beaten. Make every succeeding task a trifle harder, and you must eventually come out the winner. Constantly bear in mind that the chief aids to success are exercise (moral, mental and physical), work, and plain living.

If one had perfect mental control, all this scheming would be rendered unnecessary, for by merely concentrating the thoughts, tobacco might be relegated to oblivion. But few of us acquire this power to any degree of perfection, and such being the case, the slaves of drugs will have to look to other sources for help in their battle with the enemy.

It not infrequently happens that the smoker has fits of disinclination. This is generally the case when he is run down. That is the tide in his affairs which should be taken at the flood. The seizing of the opportunity might not lead on to fortune, but it would certainly lead on to good health, which is of much more consequence. You will be miserable for a time, no doubt, but is not the meed well worth the sacrifice?

Smoking is a potent agent for evil, and is responsible in a great measure for the debasement of the national physique. Its sphere of influence has extended to the ranks of females and schoolboys, and it is a vice that needs grappling with. I am hoping that this recital of my experiences may be the means of enabling many confirmed smokers to break the chains that bind them, and escape from a thraldom degrading to their manhood.

For boys who are not strong, a regular course of light physical exercise has been started at Blundell's School, Tiverton, with the object of developing them in the directions needed. At no other public school in the country is there such a class in existence as yet.

"The children have no chance in the cities as compared with the fields," says Mrs. Bramwell Booth. "Physique has a great deal to do with morals. A healthy and vigorous body is a great help to a healthy and vigorous soul. Purity of heart and purity of flesh and blood are nearly related; but purity of flesh and blood needs pure air, pure water, pure light, and pure food."

New Palace Steamers, Limited.—During Saturday, Sunday, and Monday in last week, the steamers *Royal Sovereign* and *Koh-i-Noor* of this company have carried their full complement of passengers to Southend, Margate, Ramsgate, Deal, and Dover. The new service to Dover, inaugurated last year, is very popular.

Sea Bathing and its Effects.

By PHILIP MARVEL, M.D.

* * *

[The "Journal of the American Medical Association" recently published an article dealing with the subject of the Effects of Sea Bathing, by Dr. Marvel. The following extracts should prove acceptable [at this period of the year.]

SEA water being composed of minerals such as chlorid of sodium, magnesium, bromin and iodin, is truly a mineral water, and an ocean bath, therefore, may be properly classified as a mineral bath. When considering the special benefits or the special diseases and conditions to be benefited there are agencies and influences which must be taken into account, such as, for instance, temperature, and those relative to the sea, namely, the forcible activity or movement of the water, the physical conditions of the strand, the distance and convenience of the dressing rooms, etc., and those relating to the individual, namely, the resisting power of the body, the time of the bath, length of time of exposure, the temperament, the physical debility present, *i.e.*, whether the body is relaxed, enervated, nervous, or highly tensioned; and also whether the result to be obtained should be bracing, tonic, stimulating, and invigorating. In other words, the individual bather must be considered a complexity of forces or an aggregation of systems capable of independent as well as allied actions.

If a youth representing vigour and perfect development be immersed in sea water at a temperature of from 65 to 70 degrees, there will naturally be a quickening response to the sudden stimulation of cold, that is, of the water, which meets the surface of the body as the plunge is taken. The stimulus to the peripheral sensory nervous system is such that it quickly contracts the adjacent capillaries and sends the blood speeding to the larger vessels and internal organs. The systematic vigour and reserve forces return it again to the surface of the body, accompanied by the resiliency and invigoration which emphasise the pleasurable sensations so gratifying to the bather.

If, after dressing from such a bath, a genial glow suffuses itself over the sensitive surface of the body and is succeeded by a pleasing warmth internally, accompanied by a refreshed and invigorated feeling, it is evidence and proof of the salutary influences; but if instead there follow a chilliness, languor, headache, irresistible depression and disposition to drowsiness, or any of these, it should be reckoned as important evidence that the bath has not contributed in any material way to the advantage or improvement of the person's health, and that, if persisted in under similar or like conditions, the result will in time prove injurious.

Dr. Marvel dwells upon the dangers incident to a prolonged exposure in the ocean or on the sand in wet clothing, and also to the too frequent daily indulgence of either, and urges the advantages of a short exposure or immersion, say ten, fifteen or twenty minutes, and never exceeding thirty minutes; the necessity of prompt and positive reaction after the bath; the

maintaining of a good physical condition, and giving to them, according to their particular need, such specific instruction as will best avert harmful or serious disturbances. When the normal body temperature is exposed to that of an active body of water, or currents of air 10, 20, 30, or 40 degrees lower than itself, the tendency is to the equalisation of the temperature of the bodies in contact, and the greater the motion of these bodies the more rapid the transfer, and the more rapid the receipt and loss to the bodies involved; hence, prolonged contact largely reduces the former, while it adds but little to the latter. The body during this large dissipation of heat becomes so enfeebled that its economic forces are temporarily inhibited, and in some instances seriously deranged.

The practice of promenading on the beach, he says, in scant and poorly protecting garments after an immersion from, say, three-quarters of an hour in the surf, is unmistakeably harmful and equally inexcusable, and should have the denunciation of every physician as well as others engaged in the upbuilding and maintenance of good health; and there is little less to be said in favour of the practice of lying on the sand and frequently returning to the water, which practice so changes the temperature of the body as to invite lowering of resistance, and thus rapidly insures progressive debility.

Writing as a medical man, Dr. Marvel concludes that the cold sea bath combines the stimulating influences of the brine bath at a low temperature with the effect of a stimulating hydrotherapeutic procedure. It is admirable for rapid reaction and prompt functional stimulation, and is useful in those weakened conditions where normal metabolism is inhibited, or where perverted nutrition exists. Such conditions are present usually in all functional disturbances of long standing, types of which are neurotic dyspepsias, the functional anæmias and neuralgias, neurasthenia, and some diseases of the skin, as eczema in the sub-acute and chronic forms, pityriasis, urticaria, etc.

Sea bathing is not advisable in cases in which the arterial elasticity for any reason has been changed or lost, as in aged people; or where the peripheral vessels have ceased to respond to reflex stimuli, or in any case or condition in which the stimulation of the bath would be likely to favour or to produce internal hæmorrhage, and for those with organic heart disease. recent rheumatism, cholelithiasis, acute gastrointestinal or febrile diseases, or any disease whatsoever in which the normal resistance has been so reduced as to make it necessary to protect and guard the patient's forces.

An eminent physician says:—

"The fallacy that the open window is the cause of colds has now been thoroughly exposed. At the Brompton Hospital for consumption and diseases of the chest we have for some time now given up all artificial systems of ventilation, and have thrown open all the windows and kept them open widely day and night, year in and year out, rain or shine, clear weather or foggy.

"Experience shows that the freer the ventilation, the less likely are colds to occur. Colds are practically unknown at our open-air sanatoriums. . . . . The open window at night is one of the most important means for fortifying the body against consumption, and of maintaining a high standard of health. It is always possible to keep warm in bed, however cold the air may be."

—— Sporting Notes. ——

* * *

Swimming.

At the Abbey Park Gala at Leicester on August 8, the greatest interest was manifested in the meeting of David Billington (Bacup), holder of the title, and B. B. Kieran, the Australian champion, who, on the previous Saturday, set up a fresh world's record over a quarter-mile in salt water. H. Taylor (Chadderton) also competed, but was never really seriously considered, and was practically out of the contest from the start. Getting away to a good start, the Australian was the first to show in front, closely pursued by the English champion. Very early in the race it was evident that the visitor looked to initial speed to ensure his success, and at the first turn, a distance of 220 yards, held a clear lead of some five yards. The time for the quarter-distance was 2 min. 43 sec. Turning for the second lap, both Kieran and Billington steered erratically and swam some little distance out of their course. At the half-distance, covered in 5 min. 35 2-5 sec., Kieran held a clear lead of some ten yards, with Taylor a rather greater distance in the rear. Kieran still added to his lead on the second outward journey, and Billington was quite unable to hold him, and at three-fourths of the distance there was 14 sec. difference in the time. It was evident that a great performance was likely to be accomplished, and although Billington made a desperate attempt in the straight for home, he could make no impression, and Kieran won easily in 11 min. 28 sec., beating record by 22 2-5 sec. Billington's time was 11 min. 42 2-5 sec.

* * *

The annual competition for the life-saving championship of the City of London S. and L.S. Association was set for decision at the Holborn Baths on August 8. The holders, the City of London Police team, were ready to compete, but no other team put in an appearance, and, after waiting some time, the members went through the various exercises and claimed the walk over. The team was composed as follows: A. Greenop, Z. Claro, T. Horton, and G. White.

* * *

On August 6, J. Wolffe, of the Amateur S.C., swam from Margate Jetty to Herne Bay and back again, a distance of 29 miles. Making allowance for adverse currents and the extra distance necessary at Herne Bay owing to the tide not having changed its course, it is estimated he covered 34 miles. The feat accomplished by Wolffe has never been performed before. This season Wolffe has made some excellent swims, amongst them being Blackwall to Gravesend in 5 hrs. 7 min., and twice from Dover to Ramsgate, a distance of 26 miles. It is noteworthy that at the conclusion of his trials, Wolffe has never shown any signs of fatigue. Upon the lugger which accompanied him were Montague A. Holbein, who gave some excellent advice, and G. H. Evans, of the Margate S.C. A start was made at 10.17 a.m., Wolffe being previously well covered with a thin coating of grease, a fairly large number of spectators sending him off with a hearty cheer.

* * *

Wolffe, who swam with a powerful overarm stroke throughout, made leaward for about a mile, then went straight for Cliff's End Point, passing in so doing Westgate, two and a half miles from the start, at 11.1 a.m., the time occupied to

this point being 46 min. At the end of the first hour he was joined in the water by G. H. Evans, who remained with him for upwards of an hour. Wolffe was fed with beef tea, chocolate, and chicken sandwiches, and disposed of quite a quantity. At the S.E. buoy opposite Birchington, Wolffe encountered some choppy water, which greatly affected his eyes, but by 12.39 was abreast of the South Hook buoy. Continuing to swim well, the Reculvers (nine miles from Margate) were passed at 1.21, but his eyes at this time were queer, the right being by this time completely closed. Nothing daunted, Wolffe went on, and just before half-way was again joined by Evans.

* * *

Wolffe passed under the pier at 2.57, having occupied 4 hrs. 40 min. in the journey. The tide not having changed, he swam some distance round the pier, but at 3.16 he again set out upon the return journey. The Reculvers were repassed at 4.55, six hours and a half from the start, but it was apparent to those upon board that he was suffering pain from his eyes, the goggles which covered them having become loose. After a refresher of some hot chicken broth and chocolate he brightened up and, in reply to a question from his pilot, said he was confident. Monty Holbein entered the water and remained in for an hour. With the Jetty in sight Wolffe refused the food offered him, being anxious to finish his journey, which he accomplished at 7.56, the time occupied being 9 hrs. 39 min., a hearty cheer being accorded him by the very large crowd. The following morning the swimmer stated that, beyond the trouble caused to his eye, he felt none the worse for his long swim, and that he was confident he would succeed in his swim across the Channel some time this month.

* * *

C. H. Rendyl made an unsuccessful attempt to swim in the Thames from Richmond to Waterloo Bridge and back on August 6.

He started from Richmond Pier at ten minutes past eight, and reached Westminster Bridge in just under five hours, when the return tide compelled him to give up the effort.

Rendyl is only twenty-two years of age, and has previously swum from Blackwall to Gravesend, and from Dover to Deal. He intends to attempt to cross the Channel this month.

* * *

Whilst a large crowd of people who had assembled near Richmond Bridge to await the return of Rendyl, an exciting scene was witnessed. A boat containing four men capsized. Two of the occupants swam to the bank. Another man clung desperately to a companion, and both sank twice. Seeing the danger, a sailor belonging to his Majesty's ship Acheron plunged in and rescued both men in an exhausted condition.

* * *

To the Editor, Sandow's Magazine.

Sir,—In a kindly notice of the display given by members of the Thames Valley Life-Saving Society at the Twickenham Regatta last Wednesday week, the *Daily Telegraph* suggests that similar exhibitions should be given at other regattas. May I be allowed to state that whenever practicable the Society will be only too pleased to give such exhibitions, at either amateur or professional regattas, free of charge.

The Society is affiliated to the Royal Life-Saving Society.—I am, Sir, yours, etc.,

ARCH. SINCLAIR,
Vice-President Royal Life-Saving Society.

Twickenham, August 5, 1905.

Rowing.

Eddie Durnan, the Canadian sculler, will challenge Stansbury for the World's Championship if he defeats the Australian, Tom Sullivan, in his match with him in Toronto Bay on the 23rd inst. In any event Durnan will probably race Stansbury. He was to have met Towns at New Westminster, British Columbia, next month, but now that

Stansbury has won the championship as a result of his recent match with Towns on the Parramatta, an effort will be made to get him to take Towns's place. It is thought that the purse offered, $2,500 a side, will be enough to tempt Stansbury to go to Canada.

* * *

Marlow regatta, which was held on August 5, virtually closes the list of best-boat events for the season. The entry list was exceptionally good, no fewer than eighteen clubs competing.

London R.C. retain the senior pairs challenge cup, D. C. Stuart and A. A. Stuart being the only entrants. The senior sculls challenge cup was easily won by D. C. Stuart, London R.C., who romped away from H. McGowan, Tyne R.C., Newcastle.

The town challenge cup appropriately fell to the Marlow R.C., after a good race against Reading R.C., while Broxbourne R.C. had a fairly easy win in the race for the Borgnis challenge cup.

The Marlow eights challenge cup was won by Vesta R.C., who beat London R.C. in the final by a length and three-quarters, but London were successful in beating Reading R.C. in the contest for the grand challenge cup by a length and a quarter.

* * *

Twickenham Rowing Club will hold its annual regatta on September 9, when the events to be decided are invitation eights, coxswainless fours, invitation sculling handicap, tub fours, invitation mixed double sculling skiff race.

Athletics.

At the Glasgow Rangers F.C. Sports on August 7, Thos. Nicolson, of Kyles A.C., threw the hammer 151 ft. 3 in. Geo. R. Nicolson, Kyles A.C., also competed. These figures are an improvement of 1¼ in. on Nicolson's previous Scottish record of 154 ft. 1⅞ in., made in the championship of 1904.

In the five miles match between A. Shrubb and A. Aldridge at Horsham, on Bank Holiday, Shrubb beat the ten mile champion by a lap and 100 yards, his time being 24 mins. 51 1-5 secs.—3 4-5 secs. better than his own grass record. Shrubb leaves England for Canada and the States this week for an athletic tour.

Miscellaneous.

In the international fencing tournament at Ostend on August 5, the Belgian team beat the British representatives by 22 points to 13.

The British team got the better of the Dutch by 22 points to 11. Their play was much better than last year.

Seligmann gave the best display. The other members of the British team were Messrs. Amphlett, Daniell, Martineau, Montgomerie, and Walford.

* * *

A good story of a lady motorist's reply to a policeman who "bailed" her up has reached me, writes "Pelleas" in the *Referee*. Miss Victoria Godwin was driving her six-cylinder Ariel along Cromwell-road one afternoon recently, and, as the lady herself admitted, the car was going "rather fast." A vigilant policeman with one eye on the car and the other possibly on promotion, stepped on to the road, stopped the car, and took particulars. "Yes," said the fair chaffeuse; "I think I was going about twenty miles an hour, but there was a nasty mosquito who pursued me all the way from Earl's Court. It suddenly fastened on my neck and wouldn't let go. Both my hands were occupied with the wheel and levers, and, of course, I had to do something, so I stamped my foot on the accelerator pedal and—well—what would you have done?" I understand that Robert's reply was, "Same as you, miss, with both feet!"

Notes of the Week.

* * *

To the Editor, Sandow's Magazine.

Dear Sir,

You may perhaps like to have my testimony that I have been cured of lumbago by the exercises prescribed in your Magazine. I used to have it badly two or three times a year, and I had suffered from it, more or less, for nearly 20 years, but I have never had it since I have used the exercise every morning, of lying flat and raising the feet as high as possible, about 20 times. You are, of course, quite at liberty to print this unsolicited testimony if you like to do so.

Faithfully yours,

Edward Clifford.

London, W.,
July 24, 1905.

* * *

To the Editor, Sandow's Magazine.

Dear Sir,

I am enclosing a coupon for your Physical Culture Competition. By the same mail I also despatch a full-length photo of myself, taken six months ago. I have for four years trained on the Sandow system for all my wrestling matches, weight-lifting feats and club-swinging competitions, that I have during that time engaged in, and I am a thorough believer in the efficacy of the system. One of the trophies I hold since I adopted the Sandow system is the Light-weight Wrestling Championship Belt of South Africa. Since winning it, I have been unable to find any opponent willing to meet me, so have had to give all sorts of unequal conditions away. Last Easter Monday I wrestled a match against three opponents, whom I undertook to throw within the hour, and succeeded in accomplishing this. I have also gained some considerable practical knowledge of Ju-Jitsu. In exhibitions of weight-lifting I give, among others, the following:—Lifting an eleven-stone man sitting on one hand; lying on my back and raising a man above my head and then regaining an upright position with him still held aloft;

VICTOR SAMPSON (Cape Town).

lying stretched out on two chairs with three men standing on my body, and while so raising two 50-lb. weights; lifting nine half-hundred weights with one hand. What I regard my most difficult feat is raising two box half-hundredweights in the right hand above the head and at the same time doing the same with an 80-lb. dumb-bell in the left hand. What I find makes this last feat so difficult is the strain on the right hand in keeping the two box-weights together.

Yours, etc.,

Victor Sampson.

Capetown,
May 29, 1905.

* * *

To the Editor, Sandow's Magazine.

Sir,

Under separate cover I am forwarding photos of a pupil for entry in current competition.

I have also included two others, showing first and second positions in long arm balance. These I thought would be interesting and at the same time give an excellent idea of Mr. Shorthose's general development. The pupil whom he thus presses up scales 136 lbs., stripped. I hope to forward detailed particulars of him also.

Yours, etc.,

Arnold E. Opiel.

Adelaide,
May 10, 1905.

* * *

To the Editor, Sandow's Magazine.

Sir,

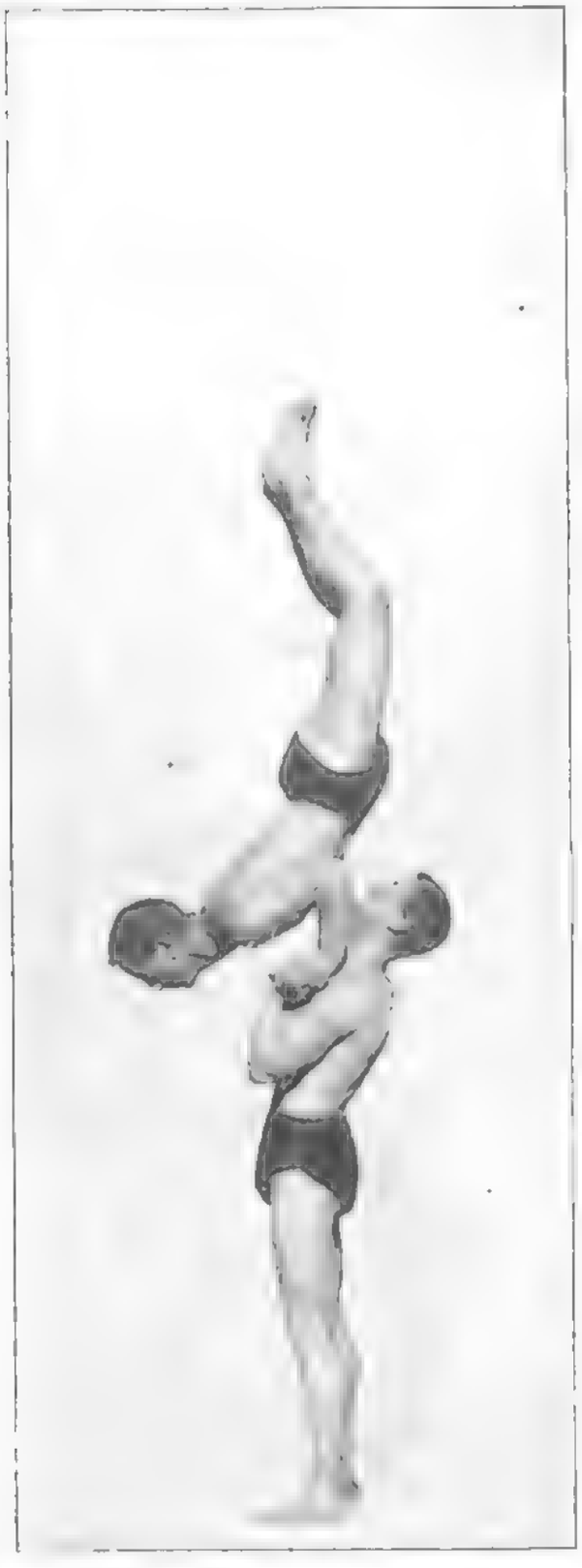
The gold medal reached me safely this morning, and it is with great pleasure that I write to acknowledge receipt of same. Am delighted with it.

Yours faithfully,

Claude E. Howitt.

Nottingham,
August 3, 1905.

* * *



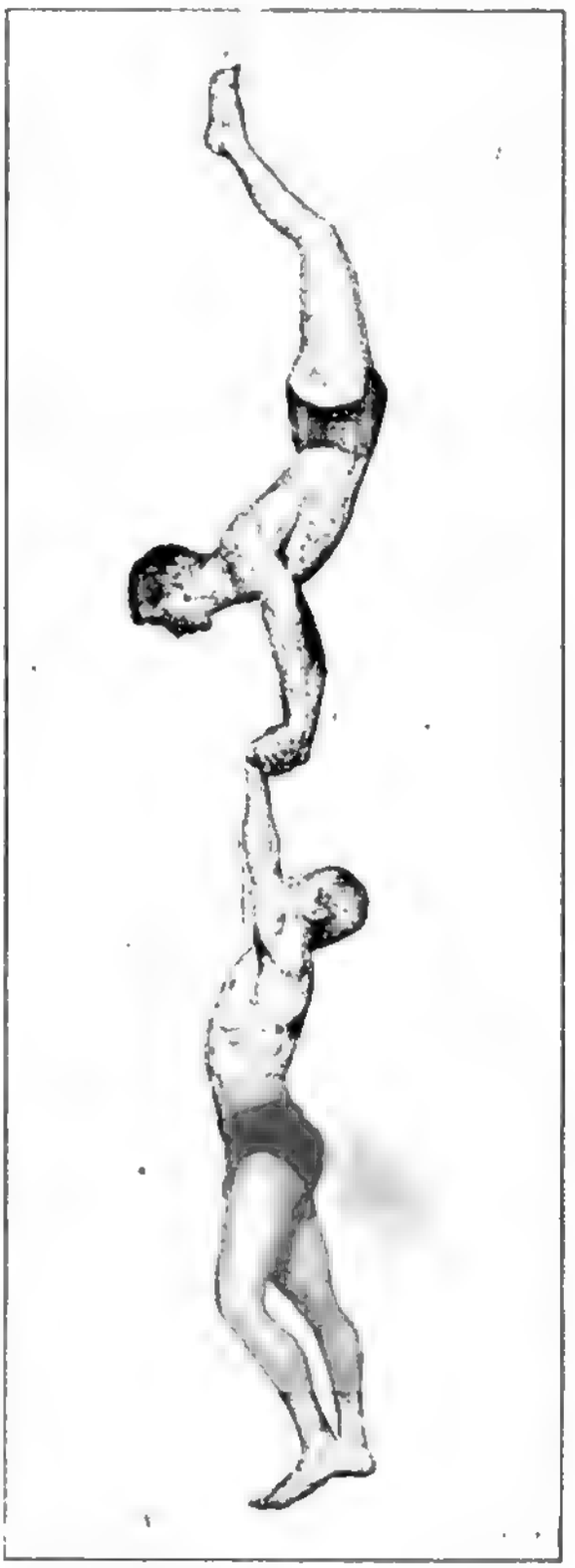
R. W. TONKIN (on top).
Reg. G. SHORTHOSE (underneath)
First position, long arm balance.

The Soldiers' Sandow.

Whatever claims the playing-fields of Eton may possess to the honour—and we are not going to challenge Wellington's classic phrase—we should very

much doubt whether the battles of England are not mainly won in the barrack gymnasium. This is where the shoulders are straightened, the powers of physical endurance tested and developed, and the eye and the wind improved. The men who preside at these training schools have a responsibility almost as great as a general in the field, and it is only right that they should themselves have passed through trials of strength and valour. Most physical instructors at military gymnasiums are well-known army athletes, men who have won their spurs in open competition. One of the best known is Sergeant-major Joseph Chandler, late of the 2nd Battalion Grenadier Guards, who is attached to Chelsea Barracks. Chandler has done great things in his day. As an all-round athlete he has carried off over a hundred prizes, and twelve years ago at Aldershot, in the Army Championships, he created a record by winning first prizes in the four events in which he competed. As a weight-thrower Chandler could, a few years ago, hold his own with any man in the army, one of his specialities being the little-practised feat of throwing the 56lb. weight over the cross-bar—an Irish field event rarely seen in this country, and requiring no small amount of strength, coupled with a practised skill in making the weight clear the bar. To achieve it a competitor has to stand upright with the weight in the right hand, knuckles to the right, and the feet about eighteen inches apart, with the left foot immediately under the cross-bar. Then, by slightly bending the knees and rounding the back, he swings the weight to the front and rear between the legs, until the required impetus is obtained. A vigorous straightening of the body and legs, and a spring off both feet, and the weight is swung upwards and slightly to the left, the arm being kept straight and the grasp relaxed just before the end of the swing. It goes without saying that this is a trial of strength only possible for those in good health and perfect training, for there is a great difference between weight-throwing and weight-lifting.—*C. B. Fry's Magazine.*

* * *



R. W. TONKIN (on top).
REG. G. SHORTHOSE (underneath).
Second position, long arm balance.

Earl Roberts and Military Defence.

NEED OF MILITARY TRAINING.

OUR unpreparedness for war was the theme of an address delivered by Earl Roberts before a special meeting of the London Chamber of Commerce held at the Mansion House on August 1.

His audience, which was both large and distinguished, included the Dukes of Argyll and Northumberland, and Lords Milner, Rosebery, Brassey, Derby, Wemyss, and Tweeddale. They listened with the closest attention, and punctuated Lord Roberts' stirring address, from which we make the following extracts:—

"It is unusual for a soldier in such a position as mine to address a public meeting, but my one object is to bring home to my fellow-countrymen the vital necessity for their taking into their earnest consideration England's unpreparedness for war.

"I do not desire to criticise the action of the present or of any past Government. The defence of the Empire is a matter which should be regarded quite apart from politics, and it is from that standpoint that I address you.

"A few days after I stated in the House of Lords that the armed forces of this country were as absolutely unfitted and unprepared for war as they were in 1899-1900, the Secretary of State for War asserted that my condemnation of the state of the Army was of too sweeping a character.

"My remarks, however, were not intended to apply to the individual efficiency of the officers and men composing the Regular Army, but to the unpreparedness of the armed forces generally.

"The sufficiency and organised efficiency of the armed forces to undertake a prolonged war in support of our national interests against the civilised Power is the all-important point that has to be decided upon, and I trust that my fellow-countrymen will not delay in making up their mind on this momentous question. They should realise that a new military system cannot be built up in a day.

"I thoroughly appreciate all that has been done by the Militia and Volunteers. Their unselfish patriotism in giving so much time, money, and physical exertion to the country, is worthy of all praise. But it is my appreciation of the sacrifices they have made that convinces me that it is impossible to get them to make much more—that it is unfair of the nation to expect it of them.

"And yet without very considerably more training I have no hesitation in saying that it is impossible for them to reach that standard of efficiency which is required to enable them to face the thoroughly trained troops of other Powers.

"I sincerely trust that the present regrettable state of affairs will not be allowed to continue. At the same time I have serious doubts whether any radical change is possible unless it can be clearly brought home to the nation what the armed forces might be called upon to do.

"We are in a far worse condition as regards officers than men. This is a very dangerous state of affairs. It is not a matter which will admit of delay, and the people must decide at once that it should be remedied, or they must hold themselves responsible for any disaster that may occur.

"Neither the Army nor the Government would be to blame, but the people themselves, whose lack of patriotism prevented their taking any interest in the condition of the armed forces of the country.

"In an article in last January's number of the *Nineteenth Century and After*, and since, in a letter to the *Times*, advocating obligatory military training and instruction in rifle shooting for the boys and young men of the kingdom, I pointed out that the conditions of service in our Regular Army are such as, in my opinion, rendered conscription inapplicable to that portion of the armed forces, and, as regarded the population generally, I urged the necessity for concerted voluntary patriotic effort in order to form a strong potential reserve in time of war, as by that means alone could England hold its own without having recourse to conscription.

"That my appeal has not met with the response I hoped for is, I believe, due to the people never having had it brought before them that England's existence as a first-class Power depends not only on safeguarding the shores of Great Britain, but the whole of the British Empire.

"Whether that can be done by voluntary self-sacrifice under appropriate organisation, or whether it can only be effected by the introduction of universal training and service for home defence, is a matter for the nation to decide, but done it must be one way or the other if we are to maintain our present position among the great nations of the world.

"From my own experience and from the evidence given before the Duke of Norfolk's Commission, I consider that there is now no option but to introduce universal training and service for home defence.

"A necessary part of any such scheme is the training of all boys and youths up to the time of their reaching the military age in drill and rifle-shooting. Such preliminary instruction will necessarily tend to reduce the period of subsequent training in the home defence army."

An amusing "race" took place at Marienbad on Bank Holiday, wires the *Express* correspondent, the competitors being corpulent visitors who are taking the "cure" to reduce their rotundity.

No one weighing less than 13 st. 8 lbs. was allowed to compete. Every additional 5 lbs. entitled a time handicap of a minute.

Thirty "racers," including three ladies, the heaviest of whom is sixteen stone, started on the hilly four-mile course.

They were not allowed, however, to endanger their health by too strenuous an effort, as the medical advisers of the committee had insisted upon three stoppages with intervals aggregating an hour during the race.

The route was lined with many hundreds of spectators, who greeted the racers with humorous comments. The winner was Herr Glaser, of Vienna, who weighed 15 stone 5 lbs. and covered the distance in a net 55 mins. Ten competitors covered the course in 90 mins., or at the phenomenal pace of two and two-thirds miles an hour.

Mr. Samuel James, an Army pensioner, started at Dover at six o'clock on August 6 in an attempt to run 500 miles in six days. The journey was completed at 9.30 on Sunday, August 13.

His course was *vid* Canterbury, London, Birmingham, and Shrewsbury, to Welshpool and back. His papers were signed on his arrival at Welshpool.

Mr. James is the caretaker of the Dover Municipal Schools of Science. He is forty years of age, and while in India he accomplished some fine running performances, on one occasion covering 100 miles in less than sixteen hours.

And Editorial Chat.

ALTHOUGH I have opened these pages for the purpose of coming into closer touch with my friends and readers, you must remember that space is limited, and I *cannot* prescribe courses here.

The attention of my readers is called to an announcement on the opposite page.

All communications relating to instruction by post should be addressed to me at Basing House, Basinghall Street, E.C., and these will receive prompt attention.

Ordinary replies cannot be answered by post.

S. H. V. D. HARPER (GLOUCESTER).—Certainly not. Age is no hindrance one way or the other. Read the conditions carefully and send coupon, etc., to the offices of the Magazine, 131 Temple Chambers, E.C.

ASSISTANT MASTER (BIRMINGHAM).—(1) The exact proportion may perhaps be gained by mathematical calculation, but it does not apply, as the whole is a question of weight and tension. The springs of varying strengths can be obtained at Sandow Hall, Victoria Embankment, W.C., or at the offices of the Magazine. (2) Yes. (3) Yes. (4) Because the movement becomes less voluntary.

G. P. (CAPE TOWN).—Thanks for letter. Reference has already been made to it in these columns. Will do so again as soon as the opportunity occurs.

S. FLEMING (CALCUTTA).—I have never found exercise trying under the conditions you name; in fact, rather the reverse. Drop stimulants and try Plasmon Cocoa and the other preparations.

F. S. SWANN (BAYSWATER).—Write to my School Manager, 32a St. James Street, W.

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Vol. XV.

OF

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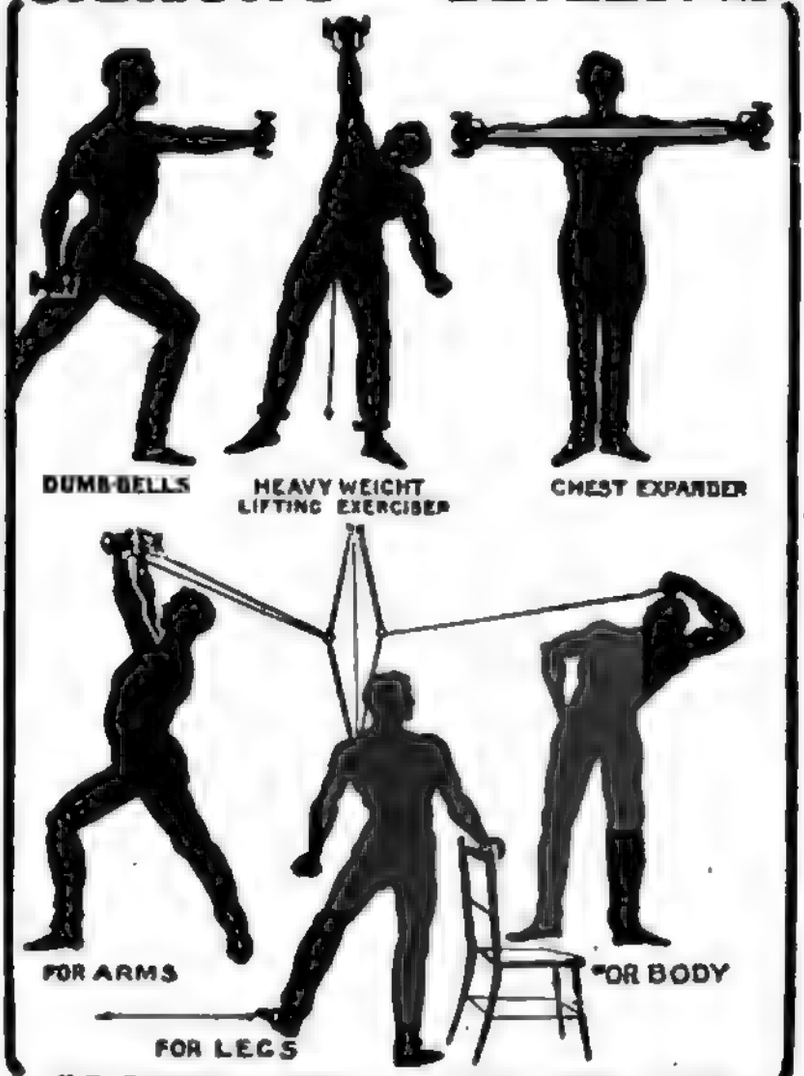

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Sandow's Magazine Physical Culture Competition.

Having regard to the rapid strides in popularity which have been made recently by physical culture, and the fact that five years have elapsed since we instituted our Great Competition, which, as everyone knows, culminated in the mammoth gathering at the Albert Hall, we feel that the inauguration of this magazine in its new form would be a fitting time to revive the Competition which was such a signal success before. The conditions on the present occasion will be slightly varied in order to meet the altered state of things which prevail. It will be remembered that in the first great Competition all entrants were on an equal, but as this is obviously to the great disadvantage of those whose bodies are not fully developed, this time we shall give, each month, medals for two classes, full particulars being given in the conditions set out below.

Conditions of the Competition.

(1) The Competition will be for the purpose of encouraging physical culture amongst all classes.

(2) The judging will be from photographs (back and front if possible) and properly authenticated measurements on the coupon.

(3) A Gold Medal will be presented each month to the one who in the opinion of the judges, shows the best development and most symmetrical measurements amongst (a) those eighteen years of age or under, and (b) those over eighteen years of age.

(4) No photos will be returned unless a stamped addressed envelope is enclosed.

(5) The right is reserved to publish any of the photos submitted for competition.

(6) **No winner in a previous competition is eligible.**

(7) The coupon on another page stands good until the last day of the month, and the awards will be announced in another issue.

(8) Competitors from abroad will be entered in the month of receipt of Coupon, providing it was sent during the month for which it is available.

As a new generation, so to speak, of physical culturists has sprung up since the first competition, it will be interesting to compare the general physique then and now.

SPORTING PATENTS.

This list of Patents is specially prepared for SANDOW'S MAGAZINE by Mr. C. F. Ennis, of Jessel Chambers, 88 Chancery Lane, London, W.C., Registered Patent Agent (by Examination), from whom all information relating to Patents may be had on application :—

Applications for Patents July 24th-29th, 1905:—

15251. T. E. Harper, New Malden. Core for golf balls and the like.

15339. J. H. Whiteman, Glasgow. Golfing tees.

15386. E. S. A. Cohen, London. Balls for use in golf and other games. (Complete Specification.)

15405. R. Mellis, Paisley. Golf tee mould.

15551. J. Watson, Hull. Buoy for fishing purposes.

15592. W. T. Warburton, Liverpool. Safety appliances for use in boating, etc.

Specifications Published August 3rd, 1905:—

3024 of 1905. A. Beedham, Manchester. Self-registering target.

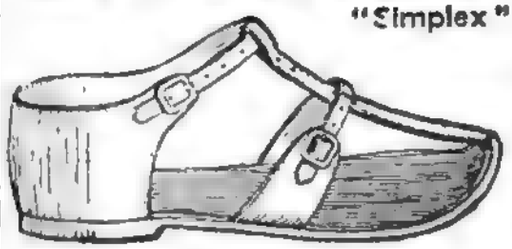
7219 of 1905. J. M. Coudurier, Bienne, Switzerland. Oars or sculls.

8266 or 1905. A. MacAfee, London. Studs and the like for sporting boots and shoes, and means for securing same.

10284 of 1905. J. W. Reid, London. Targets for rifle shooting, etc.

SANDALS IN BROWN CALF

"Simplex" and "Starnthwaite" Patterns.



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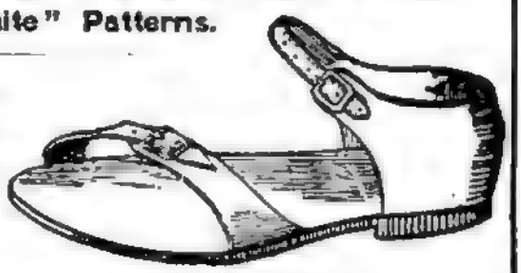


"Starnthwaite," with straps from front of Sandal.

Sizes ...	2-5	6-9	10-12	13-2	3 & 4	3-7	5-10
				Youths'	Women's		Men's
	5/6	6/6	7/6	8/3	8/7	8/10	9/10
Stronger	7/9	8/9	10/3	11/7	11/10	12/10	
Cashmere ...				9/3	9/10	9/10	10/10
Do. stronger				11/3	12/4	12/10	13/10

If in Black Calf, 1/- pair extra. Toe-Caps 1/- pair extra. Straps from front of Sandal or between the toes, 1/- pair.

"Starnthwaite" Pattern.

"CINDERELLA" PATTERN.

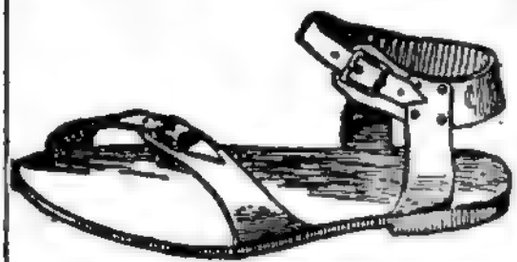
Specially recommended for Children and Sea-side wear.

Sizes ...	2-5	6-9	10-12	13-2	3 & 4	3-7	5-10
				Youths'	Women's		Men's
	4/3	4/9	5/6	6/6	7/4	7/10	8/4

If in Black Calf, 6d. extra per pair.

Straps from front of Sandal, 6d. per pair.

The lighter ones and the "Cinderella" pattern lined with wool, felt or leather, as preferred. Measurements required: a carefully drawn outline of each foot and size of boot worn.



"Simplex" and "Cinderella" Patterns.

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"Cashmere" Pattern.

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COUPON FOR AUGUST.

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Weight	Hips
Chest Contracted	Thigh R.
Chest Expanded	Calf R.
Waist	Thigh L.
Upper Arm R	Calf L.
Fore Arm R.	Ankle
	Neck

We hereby certify that the above measurements are correct. (Signed),

Name *Name*

All Photos sent in must have the name of the Competitor written plainly on the back, and, if possible, the measurements should be witnessed by at least one medical man.

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❋

❋

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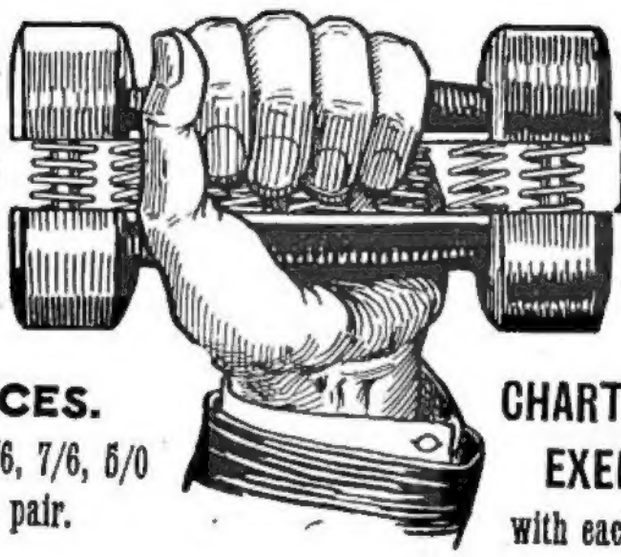

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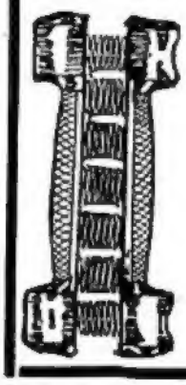
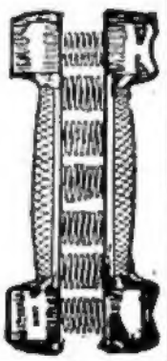
CHART OF EXERCISES
with each pair.





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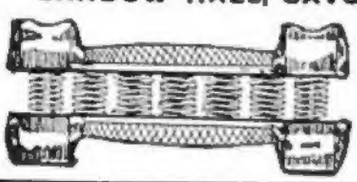

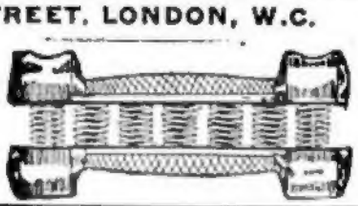

AMUSEMENTS.

THEATRES.

ADELPHI—At 8, "Under which King?" Mat. Wed. at 2.30.

APOLLO—At 8-15, "Veronique." Mat. every Wed. at 2.

AVENUE—Every evening at 8-15. Mr. Charles Hawtrey in "The Message from Mars."

CAMDEN, N.W.—Every evening at 7-30, A First class Company. Mats., Wed. and Sat. at 2.

COURT—Vedrenne-Barker Season—at 8-15. Mat. Wed. at 2-30.

COMEDY.—Every evening at 9, William Collier in "The Dictator" (from America). At 8-30, "The Philosopher in the Apple Orchard." Mat. Sat. at 3.

CRITERION—Every evening at 9, "What Pamela Wanted." At 8-30, "That Eastern Anomaly." Mat. Sat. at 3.

DALY'S—Every evening at 8, "The Little Michus." Mat. Sat. at 2-30.

DRURY LANE—Henry Irving and Company in "The Merchant of Venice," at 8. Mat. Sat at 2-30.

DUKE OF YORK'S—Miss Ellen Terry and Miss Irene Vanbrugh in "Alice Sit-by-the-Fire," by J. M. Barrie. Preceded by "Pantaloon." Mat. Sat. at 2-30.

GARRICK—At 8-30, Mr. Arthur Bourchier and Miss Violet Vanbrugh in "The Walls of Jericho." Mat. Wed. and Sat. at 2-30.

GRAND, Islington—At 7-30. A West-End Company.

HAYMARKET THEATRE—At 8.20, "The Cabinet Minister." Mat. Wed. and Sat. at 2.30.

HIS MAJESTY'S—Mr. Tree—Every evening at 8-30, "Business is Business." Mat. Wed. and Sat. at 2-30.

IMPERIAL—Mr. Lewis Waller in "Monsieur Beaucaire." Mat. Wed. and Sat. at 2.

LYRIC—Mr. Martin Harvey's season opens. Mat. Wed. and Sat.

MARLBOROUGH, Holloway—At 7-30. A West-End Company.

NEW—At 8-15, "Leah Kleschna." Mat. Wed. and Sat. at 2-30.

PRINCE OF WALES'—At 8-15, "Lady Madcap," a new musical play. Mat. Wed. at 2-15.

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VAUDEVILLE—At 8-15, "The Catch of the Season." Mat. Wed. and Sat. at 2-15.

WALDORF—Duse in "Magda," &c., at 8-30, and Grand Opera. Mat. Wed. at 2-30.

WYNDHAM'S—Every evening at 8-45. "Mr. Hopkinson," a farce by R. C. Carton. Mat. Wed. and Sat. at 3-0.

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